

International Walk and Bike to School Day!

Wednesday, October 5, 2011

Join our celebratory Walking Parade to Davis! Walk start time 8:55 AM.

Lane School:

Walking: Rain or Shine

\*Walking from St. Paul's parking lot 8:10 AM

\*MCC overflow parking lot 8:25 Am

BIKING: Dry Weather only - rain date info announced as needed.

Biking from Marshall's parking lot: 8:10 AM , Return 1:40PM Wednesday only

JGMS students who walk or bike should check in with the office to receive their SRTS calculator!

The Safe Routes to School National Partnership's mission is to advocate for safe walking and bicycling to and from schools, and in daily life, to improve the health and well-being of America's children and to foster the creation of livable, sustainable communities.

In 1969, roughly 48% of students bicycled or walked to school. Today only 13% of children do so. And, travel to school can account for up to 25% of all morning traffic.

The Massachusetts Safe Routes to School (SRTS) program promotes healthy alternatives for children and parents in their travel to and from school. It educates students, parents and community members on the value of walking and bicycling for travel to and from school. That's why Bedford has signed on to the SRTS program: to teach and inspire children to start walking and bicycling more often—to and from school, improving their physical health, safety, and community. All three eligible schools: Davis, Lane and JGMS are SRTS partners.

### **MassDOT SRTS Program Reaches 25 Percent of Students**

*Nearly 350 elementary/middle schools in 116 communities partnering with the program*

Through its Safe Routes to School program, the Massachusetts Department of Transportation (MassDOT) has developed partnerships with nearly 350 elementary and middle schools in 116 communities to educate and encourage students to walk and bicycle to school. In order to support these partnerships, MassDOT will spend \$4.42 million for Safe Routes initiatives in fiscal year 2011. While the Safe Routes to School program reaches only 7 percent of eligible students nationally, the Massachusetts Safe Routes program is reaching 25 percent of students.

In addition to its education and encouragement program, MassDOT's on-call team of engineers, planners and bicycle/pedestrian experts also provides infrastructure assessment and design services that facilitate construction of bricks and mortar safety and access improvements around partner schools. Through a focused, streamlined planning and design approach, MassDOT's Safe Routes to School infrastructure team conserves capital funding and delivers more resources into actual results rather than administration. MassDOT currently has one access and safety improvement project completed, four others entering construction, seven in design and 37 receiving assessments of their needs.

Read More: [www.saferoutespartnership.org/state/5043/massachusetts](http://www.saferoutespartnership.org/state/5043/massachusetts)

[National Safe Routes to School](#), government agencies, schools, and professionals work together to advance the Safe Routes to School (SRTS) movement in the United States. SRTS can provide a variety of important benefits to children and their communities, including increasing physical activity, reducing traffic congestion, improving air quality, and enhancing neighborhood safety.

The Safe Routes to School National Partnership is a network of more than 500 nonprofit organizations, government agencies, schools, and professionals working together to advance the Safe Routes to School (SRTS) movement in the United States. SRTS can provide a variety of important benefits to children and their communities, including increasing physical activity, reducing traffic congestion, improving air quality, and enhancing neighborhood safety.

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How Should My Child Get to and From School?

### **BICYCLE OR WALK.**

WHY? It promotes physical activity and reduces traffic congestion around schools.

\*Students who walk or bike to school are more alert and ready to learn.

\*Walking or biking with parents or classmates helps kids learn independence and valuable safety lessons.

\*The Center for Disease Control (CDC) recommends a minimum of one hour a day of physical activity for school-age children. Plus walking or biking to school with a parent fosters communication. You and your kids will **love** it!

### **RIDE THE SCHOOL BUS.**

WHY? It can save you time and resources. Fewer cars on the road is better for all of us.

\*School buses are safer than cars.

\*There is no fee for bus service in Bedford.

### **□ DRIVE, BUT ONLY IF YOU MUST.**

WHY? Traffic congestion around our schools is dangerous for students.

\*Competition for parking creates unsafe situations, especially in inclement weather.

\* Emergency vehicles must have prompt access to our schools.

\*Most school related accidents are in parking areas during drop off and pickup time.

\*Idling cars contribute emissions, reducing air quality around schools.

\*If you must drive, consider carpooling with other neighborhood kids, and or picking a location a few blocks from school to pick up and drop off. Even a 5-minute walk will be good for your child and your school.

□ □ □ □ **For more information** □ **contact:** [saferoutes@bedfordma.gov](mailto:saferoutes@bedfordma.gov)

Davis, Lane and JGMS School Sidewalks and Trails: [Click here to view maps](#)